

SHUTTLE MENU STS-133
(Stow by Day)

ERIC BOE, PLT (YELLOW)

Meal	Days 1* & 13**	Day 2	Day 3	Day 8	Day 11	Day 12
A	Oatmeal w/ Brown Sugar (R) Nut & Fruit Granola Bar (NF) Metamucil Wafers, Apple (NF) Breakfast Roll (FF) Orange-Mango Drink (B) Kona Coffee w/ C & S (B)	Cheese Grits (I) Mocha Yogurt (I) x2 Granola w/ Blueberries (R) Breakfast Roll (FF) Clif Bar, Cranberry Apple Cherry (NF) Metamucil Wafers, Cinnamon (NF) x2 Orange Drink (B) Kona Coffee w/ C & S (B)	Granola Bar (NF) Peanut Butter (FF) Tortilla (FF) Clif Bar, Banana Nut Bread (NF) Metamucil Wafers, Apple (NF) Orange-Pineapple Drink (B) Kona Coffee w/ C & S (B) x2	NO MEAL	Cheese Grits (I) Breakfast Sausage Links (I) Yogurt Covered Granola Bar (NF) Metamucil Wafers, Apple (NF) Strawberries (R) Orange Drink (B) x2 Kona Coffee w/ C & S (B)	Granola w/ Blueberries (R) Peanut Butter (FF) Tortilla (FF) Metamucil Wafers, Cinnamon (NF) Clif Bar, Cool Mint Chocolate (NF) Orange-Pineapple Drink (B) Kona Coffee w/ C & S (B)
B	Beef Enchiladas (I) Southwestern Corn (I) Brown Rice (I) Peaches (I) Candy Coated Almonds (NF) Lemonade (B) x2	Cheddar Cheese Spread (I) Crackers (NF) x2 Grilled Chicken (I) Red Beans & Rice (I) Strawberries (R) Candy Coated Chocolates (NF) Tropical Punch (B) x2	Split Pea Soup (I) Crackers (NF) x2 Chicken w/ Corn & Black Beans (I) Carrot Coins (I) Tropical Fruit Salad (I) Butter Cookies (NF) Grape Drink (B) x2	Cheddar Cheese Spread (FF) Crackers (FF) x2 Grilled Chicken (FF) Red Beans & Rice (FF) Strawberries (FF) Candy Coated Chocolates (FF) Tropical Punch (FF) x2	Teriyaki Chicken (R) x2 Pasta w/ Pesto (I) Cashews (NF) Citrus Fruit Salad (I) Clif Bar, Cranberry Apple Cherry (NF) Candy Coated Chocolates (NF) Peach-Apricot Drink (B) x2	Spaghetti w/ Meat Sauce (R) x2 Italian Vegetables (R) Dried Pears (M) Peanuts (NF) Butter Cookies (NF) Lemonade (B) x2
C	Tomato Basil Soup (I) Crackers (NF) x2 Beef Ravioli (I) Italian Vegetables (R) Tortilla (FF) x2 Cashews (NF) Shortbread Cookies (NF) Peach-Apricot Drink (B)	Beef Tips w/ Mushrooms (I) Mashed Potatoes (R) Curry Sauce w/ Vegetables (I) Tortilla (FF) x2 Peanuts (NF) Cherry Blueberry Cobbler (I) Pineapple Drink (B)	Smoked Turkey (I) Macaroni & Cheese (R) Mixed Vegetables (I) Tortilla (FF) x2 Macadamia Nuts (NF) Apricot Cobbler (I) Lemonade (B)	NO MEAL	Cheddar Cheese Spread (I) Crackers (NF) x2 Cheese Tortellini (I) Broccoli au Gratin (R) Macadamia Nuts (NF) Shortbread Cookies (NF) Pineapple Drink (B)	Fiesta Chicken (I) Mashed Potatoes (R) Green Beans w/ Mushrooms (R) Tortilla (FF) x2 Tropical Fruit Salad (I) Lemon Curd Cake (I) Grape Drink (B)

Day 8 Breakfast

*Day 1 consists of Meal C only

**Day 13 consists of Meals A & B only

(B) - Beverage, (FF) - Fresh Food, (I) - Irradiated, (IM) - Intermediate Moisture, (NF) - Natural Form, (R) - Rehydratable, (T) - Thermostabilized

1/28/2011